

# **Can Drinking Alcohol Affect My Baby?**



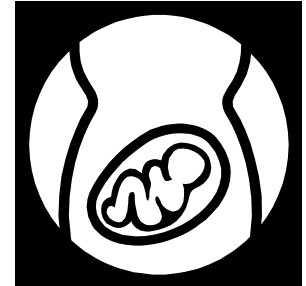
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## **Drinking alcohol while you are pregnant can hurt your baby.**

The alcohol in your blood is carried into the baby's bloodstream. Because the baby is still developing, your consuming alcohol can lead to a miscarriage or birth defects.



*Fetal Alcohol Syndrome (FAS)* refers to a set of physical and mental birth defects found in babies whose mothers drank alcohol regularly during pregnancy.

*Fetal Alcohol Effect (FAE)* is a milder version of birth defects found in some babies of women who drank less during pregnancy.

## **What kinds of problems can alcohol cause?**

Some effects include small size/low birthweight, brain damage, mental retardation, behavioral problems, facial abnormalities, and heart, lung and kidney defects. Women who drink are also at higher risk for miscarriage.

Nobody knows how much alcohol it takes to harm a baby or at what time during a pregnancy alcohol is dangerous. It's best for you and your baby to avoid drinking if you are pregnant, if you are trying to get pregnant, or if you are breast-feeding.

### ***Remember:***

*One 12-ounce bottle of beer, one 5-ounce glass of wine and one 1.5 ounce shot of liquor all contain about the same amount of alcohol.*

## **Your Baby's Health**

Every woman wants her baby to be healthy. Avoiding alcohol during pregnancy is one of the most important steps you can take to give your baby the gift of good health.

Even if you drank alcohol earlier in your pregnancy, stopping now can increase your chances of having a healthy baby.

